

Online Course(CPR & AED)

—What to know before the course—

Things to be prepared

【Necessary】

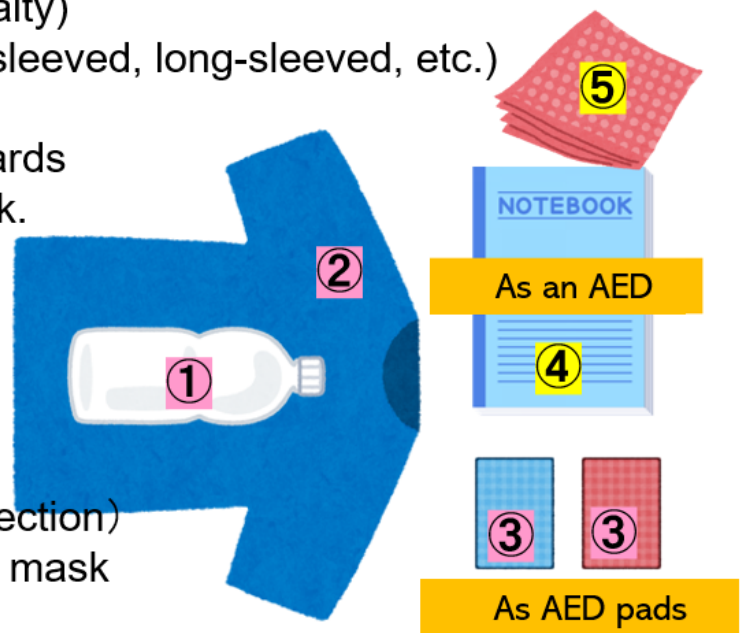
- ① **An empty plastic bottle** (as a breastbone when practicing chest compression)
A 500ml bottle is ideal. Should be as durable as you can press properly.
- ② **A shirt** (as upper body of the casualty)
※Any type of shirt will work. (short-sleeved, long-sleeved, etc.)
- ③ **Two cards** (as AED pads)
※Any cards like credit cards, postcards or pieces of paper would also work.

【Optional】

- ④ **An A4 sized notebook or paper**
(as an AED)

⑤ **A handkerchief**

(used for the prevention of droplet infection)
※can be substituted with a towel or a mask



An example of what to bring



Preparation for an **online** course
(What you should bring this time)



(Reference) Preparation for
a conventional **on-site** course

Notice about the course

How to join on Zoom

(1) Not sure how to use Zoom?

Refer to the separate sheet “How to attend via Zoom”

※ Please note that we will not provide a detailed instruction on the usage of Zoom during the course.

(2) Sound

Make sure that your microphone is muted.

(3) Video

Turn on your video during the course if you do not mind. (Optional)

Participation on practice training

This course will require you to learn CPR/AED through practice.

Please secure a sufficient space for the practice training.

(For what to bring, refer to the pictures on the first page)

Request to answer our survey and sending a certificate of completion

Please answer our survey after the course.

The respondents will receive a certificate of completion via email.

※ The certificate is a PDF file, which will not have your name or date on it.
You are supposed to fill them in by yourself.

※ This certificate only proves that you have completed the course, and is different from the one that proves your knowledge and skills.

Others

(1) The communication costs should be covered by each participant.

(2) Filming or recording of the course is prohibited.

(3) Unstable Internet connection may cause you interruptions of image and sound. Please prepare a stable Internet environment.

(4) In case of emergency, we will cancel the course.

【Contact】 Japanese Red Cross Society Tokyo Metropolitan Chapter
Safety Services Department

Phone number : 03 - 5273 - 6746

Email : koushu@tokyo.jrc.or.jp

※ 9 : 00 am ~ 5 : 30 pm on weekdays

